

**Lieutenant Governor André Bauer's  
Office on Aging**

2008 Summer School of Gerontology

Strong, Healthy,  
and  
Informed



Working Together for  
South Carolina Seniors

Francis Marion Hotel  
Charleston, South Carolina  
August 24-29, 2008

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# 2008 SUMMER SCHOOL OF GERONTOLOGY

August 24-29, 2008

*Sponsored by*

LIEUTENANT GOVERNOR ANDRÉ BAUER'S  
OFFICE ON AGING

*at*

*Francis Marion Hotel  
Charleston, South Carolina*



[www.aging.sc.gov](http://www.aging.sc.gov)

## TABLE OF CONTENTS

### **I. GENERAL INFORMATION**

Mission of Summer School	3
Senior Day/Senior Track	3
Basic Tracks	3
Who May Register	3
Registration Process	3
Cancellation and Refund Policy	4
Course Change Fee	4
Registration and Housing Check-in	4
Accreditation	4-5
Certificate of Attendance	4
Credit	4-5
Lodging	5
Meals	5
Parking	5
Location of Activities	5
Dress	5
Information	5
SSG Faculty	6-7
Schedule of Events	8

### **II. 2008 SUMMER SCHOOL COURSES**

2008 Summer School Courses and Schedules	9-12
Course Descriptions	13-27

### **III. PROGRAM POLICIES** 28

### **IV. REGISTRATION FORMS**

General Application Form	29
Source of Funding	29
Senior Day Scholarship	29
Course Registration Form	30

## **MISSION OF SUMMER SCHOOL**

The mission of the Summer School of Gerontology focuses on: 1) building knowledge and skills, 2) promoting personal and professional development, and 3) enhancing credentials. The school is guided by principles that assist in the continuous development and improvement in curriculum and program content. The school offers: 1) an opportunity to improve the quality of services, 2) interagency cooperation and multi-disciplinary functions, 3) quality education at the most affordable price, 4) motivation and renewal, 5) physical and financial accessibility, 6) a focal point for activities, 7) a needs-based curriculum and program, 8) continual responsiveness to changes, and 9) an opportunity to supplement learning through informal networking.

Students represent various agencies and institutions throughout the state including the departments of Health and Human Services, Social Services, Health and Environmental Control, Mental Health, Area Agencies on Aging, Councils on Aging, colleges/universities, nursing homes, assisted living facilities, adult day care facilities, hospitals, law enforcement, and home health agencies.

## **COURSES TO BE OFFERED IN 2008**

Course offerings this year include familiar ones back by popular demand, and new ones developed in response to a needs assessment and evaluation responses. Please be sure to complete an evaluation with your comments, requests or suggestions for future courses.

## **SENIOR DAY/SENIOR TRACK**

Senior Day is Wednesday, August 27. Courses of interest will be offered for seniors on Senior Day, and seniors may visit the exhibit hall free of charge. Many courses of interest to seniors will also be offered during the week. Scholarships are available to the first 50 seniors to register who are 60 and over, retired, or not employed.

## **BASIC TRACKS**

The basic tracks that will be offered at Summer School are as follows:

- ◆ Administration & Finance
- ◆ Alzheimer's Disease & Related Disorders
- ◆ Caregiving
- ◆ Communication
- ◆ Computers
- ◆ Elder Rights
- ◆ Health Promotion & Wellness
- ◆ Home Care
- ◆ Information & Referral
- ◆ Long Term Care
- ◆ Senior Issues

## **WHO MAY REGISTER**

The Summer School of Gerontology is open to the public. Certain courses have pre-requisites. Please contact the Lieutenant Governor's Office on Aging if you have any questions about specific courses.

## **REGISTRATION PROCESS**

Regular registration fee through July 11 is \$50 per day or \$200 for the whole week.

Registration fee for out-of-state students is \$250.

Late registration fee after July 11 is the regular registration fee plus an additional \$150.

If the fee or a purchase order is not included with your application, it will not be processed. All registrations postmarked after July 11 will be the regular registration fee plus an additional \$150. Applications will be accepted until August 8, 2008, 4:30 p.m., and are to be mailed to:

**John E. Roberts**  
**Summer School of Gerontology**  
**Lieutenant Governor's Office on Aging**  
**1301 Gervais Street, Suite 200**  
**Columbia, SC 29201**

## **CANCELLATION AND REFUND POLICY**

To cancel a course registration, fax a letter to (803) 734-9887 stating which course you are cancelling. No refunds will be given for course cancellations.

Substitute attendees will be accepted, but a \$25 processing fee will be required prior to attending the class. Please advise in writing if a substitute will be attending in your place. Refunds will not be processed for persons attending only a portion of a class. The Lieutenant Governor's Office on Aging has the right to cancel a course if less than six enroll. Students will be allowed to substitute another course at no additional charge. The application fee will not be refunded.

## **COURSE CHANGE FEE**

In the event you decide to change a course you have registered for, there will be a \$25 fee per change. Your course will not be changed and a confirmation will not be mailed until this fee is received.

## **Cancellation of Housing**

To cancel your reservations at the Francis Marion Hotel, please contact the hotel directly at 1-877-756-2121. Cancellation of rooms will be accepted until August 8, 4:30 p.m. Cancellations made after this time will result in **complete** forfeiture of deposit.

## **Natural Disaster Cancellation**

In case of a natural disaster declaration and mandatory evacuation of the Charleston area by the Governor, the Summer School may be cancelled. Information will be provided to statewide media and posted on the Lieutenant Governor's Office on Aging web site at [www.aging.sc.gov](http://www.aging.sc.gov).

## **REGISTRATION CHECK-IN** **Registration for Courses**

Registration for courses will be held on the Mezzanine Level of the hotel on Sunday, August 24, from 3 p.m. to 6 p.m. Registration will open each morning at 8:00 a.m. and will close at 4:30 p.m.

## **Hotel Check-In**

Hotel check-in is after 4 p.m. There is no guarantee your room will be available before 4 p.m.

## **ACCREDITATION**

Participants may wish to make application to various professional organizations for Continuing Education Units. Specific information on each course is available, upon request, from the Lieutenant Governor's Office on Aging.

## **Certificate of Attendance**

A certificate of attendance will be issued only to those completing a course.

## **Social Workers**

The Lieutenant Governor's Office on Aging is pre-approved as a provider for continuing education for social workers by the S.C. Board of Social Work Examiners. The certificate of attendance from the Lieutenant Governor's Office on Aging can be used for documentation.

## **Long Term Health Care Administrators Board**

Application has been made to the Board of Long Term Health Care Administrators for approval of Continuing Education for Nursing Home Administrators and Community Residential Care Facility Administrators. **Provide your license number on the General Application Form to receive credit for Continuing Education.** The certificate of attendance from the Lieutenant

Governor's Office on Aging can be used for documentation.

### **Law Enforcement Certification**

Application has been made to the S. C. Criminal Justice Academy for approval of Law Enforcement Certification credit.

### **National Certification Council for Activity Professionals**

Application has been made to the National Certification Council for Activity Professionals for continuing education.

### **LODGING**

The Francis Marion Hotel is named for Revolutionary War hero Francis Marion, the "Swamp Fox." The Francis Marion opened in 1924 and has a long tradition of gracious service and elegant accommodations. There are 230 guest rooms that feature the best views in the city. Please contact the Francis Marion Hotel at 1-877-756-2121 to make reservations prior to the deadline of August 4, 2008.

### **MEALS**

There will be a breakfast buffet on Tuesday for all attendees that day. A continental breakfast is included for the other mornings for conference attendees. A buffet lunch will be provided on Monday and a plated lunch will be provided on Wednesday for all attendees. All other lunches will be the responsibility of each attendee.

The Swamp Fox restaurant is available on site for lunch or dinner. There are also many affordable restaurants available within walking distance. A list of restaurants will be provided at registration.

### **PARKING**

Parking is available in the adjacent city owned garage at a cost of \$12 per day paid to the parking facility in cash or by valet parking at a rate of \$17 per day paid through your room.

### **LOCATION OF ACTIVITIES**

All meeting rooms are on the Lobby or Mezzanine Level, or on the second floor. The registration packet will include a floor plan of the hotel.

### **DRESS**

Business casual dress is emphasized. Business suits, ties and heels are discouraged. Wear comfortable shoes. Temperatures may vary in classrooms; please bring a sweater or a light jacket.

### **INFORMATION**

Direct questions about courses, fees, registration, or additional brochures to:

John E. Roberts  
Summer School of Gerontology Coordinator  
Lieutenant Governor's Office on Aging  
(803) 734-9940 or 1-800-868-9095  
E-mail: [robertsj@aging.sc.gov](mailto:robertsj@aging.sc.gov)

For direct questions about hotel reservations contact the Francis Marion Hotel:  
1-877-756-2121

# SSG Faculty

**Cat Angus**, Volunteer Ombudsman Coordinator,  
Lieutenant Governor's Office on Aging,  
Columbia, SC

**Mary Alice Bechtler**, BA, Program  
Coordinator, SC Assistive Technology Program,  
Columbia, SC

**Jamie Bell**, Staff Attorney/HUD and Public  
Benefits Task Force Unit Head, South Carolina  
Legal Services, Rock Hill, SC

**Charles M. Black**, Elderlaw Services of SC,  
P.A., Columbia, SC

**Jeanette Bodie**, MPH, Program Manager,  
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Columbia, SC

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Wilson, Wilson, NC

**Reamer Bushardt**, PharmD, PA-C, Assistant  
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**Judy Ehney**, Senior Medicare Patrol Project  
Coordinator, Lieutenant Governor's Office on  
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**Cheryl Ericson**, MS, Director of Programming,  
Carolina Hospice Care, Mt. Pleasant, SC

**Barbara Franklin**, Education Chairman, South  
Carolina Aging in Place Coalition, Charleston, SC

**Paul Franklin**, MBA, CFP, RFG, Chairman, South  
Carolina Aging in Place Coalition, Charleston, SC

**Andrea C. Fuller**, BA, Consumer and Stakeholder  
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**Allen T. Gantt, Jr.**, Owner, HR at Work,  
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State University, New Haven, CT

**Beth Hollingsworth**, BS, Database Administrator,  
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**Susan Ingles**, BA, Senior Staff Attorney,  
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**Sewell Kahn**, MD, FACP, Medical Director,  
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**Deb Lewis**, LSW, Caregiver Advocate, Catawba Area Agency on Aging, Rock Hill, SC

**James Little**, BA, Physical Therapist, SC School for the Deaf and Blind, Spartanburg, SC

**Sandra Matthews**, Investor Education Coordinator, Attorney General's Office, Columbia, SC

**Deborah C. McPherson**, Program Manager, Lieutenant Governor's Office on Aging, Columbia, SC

**Janet Merling**, MA, Education Coordinator, Office For the Study of Aging, Arnold School of Public Health, USC, Columbia, SC

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**Dwayne Oedewaldt**, CEO, Saber Corporation, Rock Hill, SC

**Mitchell C. Payne**, Esquire, MA, Elderlaw Services of SC, P.A., Rock Hill, SC

**Brian D. Phelan**, Attorney, Graham-Phelan Law Firm, Charleston, SC

**Kevin Pondy**, IT Planner, Lieutenant Governor's Office on Aging, Columbia, SC

**Marcia Powell-Shew**, JD, Senior Staff Attorney and Elder Law Task Force Unit Head, South Carolina Legal Services, Lexington, SC

**Susan S. Quinn**, Esquire, BA, Program Attorney for the Crime Victims Legal Network, SC Victim Assistance Network, Columbia, SC

**Denise Rivers**, LMSW, Program Manager, Lieutenant Governor's Office on Aging, Columbia, SC

**Barbara Robinson**, MBA, Executive Director, Catawba Area Agency on Aging, Rock Hill, SC

**Bill Smith**, Chair, Alliance for Medical Excellence, The Carolinas Center for Medical Excellence, Columbia, SC

**Crystal K. Strong**, BS, Nutrition/Health & Wellness Manager, Lieutenant Governor's Office on Aging, Columbia, SC

**Beth Summer-Strait**, M.Ed., BA, Executive Director, The P.A.C.E. Center, Spartanburg, SC

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**Marsha C. Ward**, LMSW, Social Work Supervisor, WJB Dorn VAMC, Columbia, SC

**Jan L. Warner**, Esquire, Elderlaw Services of SC, P.A., Columbia, SC

**Candace Waters**, MSN, RN, Associate Professor in Nursing, Horry-Georgetown Technical College, Myrtle Beach, SC

**Dale Watson**, M. Aud., State Long Term Care Ombudsman, Lieutenant Governor's Office on Aging, Columbia, SC

**Amanda Werts**, LMSW, Executive Director, Agape Hospice, Rock Hill, SC

**Sue B. Woodard**, RNC, Care Pro Home Health Care, Columbia, SC

# SCHEDULE OF EVENTS

## Daily Schedule

7:00 a.m. – 8:30 a.m.	Breakfast
8:30 a.m. – 10:30 a.m.	Class
10:30 a.m. – 10:45 a.m.	Break
10:45 a.m. – 12:00 noon	Class
12:00 noon – 1:30 p.m.	Lunch
1:30 p.m. – 3:30 p.m.	Class
3:30 p.m. – 3:45 p.m.	Break
3:45 p.m. – 5:00 p.m.	Class

## Special Events

### Sunday, August 24, 2008

7:30 p.m. – 9:30 p.m.	<b>Meet and Greet</b>	Colonial Room/Lobby Level
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### Monday, August 25, 2008

12:00 noon – 1:30 p.m.	<b>Lunch Buffet</b>	Colonial Room/Lobby Level
7:30 p.m. – 11:30 p.m.	<b>Game Night</b>	Carolina A <i>(bring your favorite game)</i>

### Tuesday, August 26, 2008

7:00 a.m. – 8:30 a.m.	<b>Breakfast Buffet</b>	Colonial Room/Lobby Level
10:30 a.m. – 4:00 p.m.	<b>Exhibitors</b>	Gold Ball Room/Second Floor
8:00 p.m. – 10:00 p.m.	<b>Dance</b>	Colonial Room/Lobby Level

### Wednesday, August 27, 2008

12:00 noon – 1:30 p.m.	<b>Plated Lunch</b>	Colonial Room/Lobby Level
8:30 a.m. – 4:00 p.m.	<b>Exhibitors</b>	Gold Ball Room/Second Floor
7:30 p.m. – 11:30 p.m.	<b>Game Night</b>	Carolina A <i>(bring your favorite game)</i>

# 2008 SUMMER SCHOOL COURSES and SCHEDULES

Courses have been arranged by tracks according to target groups to assist you in selecting courses: but you may cross over tracks. The course number can be used to find the course in the schedule and the course descriptions. Be aware that many courses could apply to other tracks.

	2008 Summer School Courses	TRACKS												
		Administration and Finance	Alzheimer's Disease and Related Disorders	Caregiving	Communications	Complementary & Alternative Medicine	Computers	Elder Rights	Health Promotion/Wellness	Home Care	Information & Referral	Long Term Care	Senior Issues	Programs & Services for Older Adults
Classes Scheduled for All Week Monday thru Thursday 8:30 am – 5:00 pm and Friday 8:30 am – 12 noon														
Monday thru Thursday—All Day Friday -- AM	MTWThF01. What Do I Need To Know and Where Do I Find It? Page: 13	X												
Classes Scheduled for Monday and Tuesday 8:30 am to 5:00 p.m.														
Monday and Tuesday—All Day	MT02 ABC's of Information, Referral & Assistance for I/R&A Specialists Page: 13										X			
	MT03 Coaching Employees/Legal Issues for Managers Page: 13	X												
	MT04 Home Health Aide-Homemaker Update Class and Personal Care Skills Review Page: 14			X						X				
Classes Scheduled for Monday – All Day: 8:30 am to 5:00 pm														
Monday – All Day	M05 Using ISQL to Empower Your AIM Reporting Page: 14						X							
	M06 Long Term Care and Health Care Planning Page: 15							X				X		X
	M07 Six Things You Need to Know by Age 60 Page: 15			X	X			X			X	X		X
Classes Scheduled for Monday Morning : 8:30 am to 12 Noon														
Monday -- AM	M08 Effective Time Management Page: 15	X												
Classes Scheduled for Monday Afternoon: 1:30 pm to 5:00 pm														
Monday – PM	M09 Predatory Lending & Mortgage Foreclosure Page: 16							X					X	X

		2008 Summer School Courses	TRACKS												
			Administration and Finance	Alzheimer's Disease and Related Disorders	Caregiving	Communications	Complementary & Alternative Medicine	Computers	Elder Rights	Health Promotion/Wellness	Home Care	Information & Referral	Long Term Care	Senior Issues	Programs & Services for Older Adults
Classes Scheduled for Tuesday and Wednesday All Day: 8:30 am to 5:00 pm															
Tuesday and Wednesday – All Day	TW10	Become Your Own Healthcare Advocate with Focus on End of Life Care Page: 16			X				X	X	X				X
Classes Scheduled for Tuesday All Day: 8:30 am to 5:00 pm															
Tuesday – All Day	T11	AIM Users Group Meeting Page: 16						X							
	T12	Options, Choices, and Protections in Your Medicare Coverage Page:16-17													X
Classes Scheduled for Tuesday Morning: 8:30 am to 12 Noon															
Tuesday -- AM	T13	Tools for Making Better-Informed Health Care Decisions Page: 17			X					X				X	X
	T14	Alzheimer's As It Relates to Vision Page: 17		X											
Classes Scheduled for Tuesday Afternoon: 1:30 pm to 5:00 pm															
Tuesday -- PM	T15	Home Injury Prevention Page: 18								X	X			X	
	T16	Polypharmacy in the Older Adult Page: 18					X			X				X	
Classes Scheduled for Wednesday All Day: 8:30 am to 5:00 pm															
Wednesday – All Day	W17	Good Nutrition: What You Need To Know For Yourself and Your Clients Page: 18								X					
	W18	Dealing with Difficult People Page: 18-19				X									
Classes Scheduled for Wednesday Morning: 8:30 am to 12 Noon															
Wednesday -- AM	W19	Aging In Place: Home Modification and Universal Design Page: 19			X					X	X			X	
	W20	Four Steps to Control Diabetes for Life Page: 19								X					
	W21	My Kids Bought Me A Computer: Now What? Page: 19						X							X

		2008 Summer School Courses	TRACKS												
			Administration and Finance	Alzheimer's Disease and Related Disorders	Caregiving	Communications	Complementary & Alternative Medicine	Computers	Elder Rights	Health Promotion/Wellness	Home Care	Information & Referral	Long Term Care	Senior Issues	Programs & Services for Older Adults
	W22	AIRS Certification Exam Page: 19-20									X				
	W23	Polypharmacy in the Older Adult Page: 20					X			X			X		
Classes Scheduled for Wednesday Afternoon: 1:30 pm to 5:00 pm															
Wednesday – PM	W24	Avoiding Investment Scams Page 20	X								X		X	X	
	W25	Healthcare Interpersonal Relations—Working with Seniors Page 20-21				X									
	W26	Devices and Strategies for Adults with Communication Disorders Page 21				X									
	W27	The Internet for Beginners Page: 21					X							X	
	W28	Empower Yourself to Learn Page: 21							X						
Classes Scheduled for Thursday 8:30 am to 5:00 pm and Friday 8:30 am to 12 Noon															
Thursday – All Day and Friday – AM	ThF29	Dementia Dialogues Page: 21-22		X											
Classes Scheduled for Thursday All Day: 8:30 am to 5:00 pm															
Thursday – All Day	Th30	The Basics of Grant Writing: Tips for Success Page: 22	X			X									
Classes Scheduled for Thursday Morning: 8:30 am to 12 Noon															
Thursday -- AM	Th31	Creating and Crafting Effective Presentations Page: 22				X									
	Th32	Persuasive Writing Page: 22-23	X			X									
	Th33	Planning for Your Long Term Care Needs Page: 23										X		X	
	Th34	Mental Wellness in Seniors Page: 23							X				X		
	Th35	Family Dynamics: Replacing Dysfunction with Win/Win Solutions Page: 23-24		X	X	X									

		2008 Summer School Courses	TRACKS												
			Administration and Finance	Alzheimer's Disease and Related Disorders	Caregiving	Communications	Complementary & Alternative Medicine	Computers	Elder Rights	Health Promotion/Wellness	Home Care	Information & Referral	Long Term Care	Senior Issues	Programs & Services for Older Adults
Classes Scheduled for Thursday Afternoon: 1:30 pm to 5:00 pm															
Thursday – PM	Th36	The Art of Public Speaking Page 24				X									
	Th37	Motivating Positive Lifestyle Changes Page: 24	X		X					X				X	
	Th38	Planning for the Long Term Care Needs of Your Child with a Disability Page: 24-25											X		
Classes Scheduled for Thursday Afternoon: 1:30 p.m. to 5:00 pm and Friday Morning: 8:30 am to 12 Noon															
Thursday – PM and Friday – AM	ThF39	Inspired Caregivers®: A Mindful & Heart-Centered Approach to Caregiving Page: 25	X		X	X				X	X		X		X
Classes Scheduled for Friday Morning: 8:30 am to 12 Noon															
Friday -- AM	Th40	"They May Be Old, But They Still Have Rights: Protecting and Enforcing the Rights of the Older Crime Victim" Page: 25-26													
	F41	Humor For the Aging and the Caregiver Page: 26			X	X	X			X				X	
	F42	Aging in Place—Best Practices Page: 26									X			X	X
	F43	Legal Issues for South Carolina Seniors Page: 26-27							X						X
	F44	Volunteer Recruitment and Retention Page: 27							X						
	F45	Livable Communities for All: What Makes A Place Truly Senior Friendly Page: 27												X	
	F46	Navigating the Resources Available to Veterans Page: 27			X								X	X	

## **COURSE DESCRIPTIONS**

**MONDAY Thru THURSDAY**

**8:30 am – 5:00 pm**

**FRIDAY, 8:30 am – 12:00 noon**

**31.5 Contact Hours/**

### **MTWThF01. What Do I Need to Know and Where Do I Find It?**

**Maximum Enrollment: 30**

***Joanne Metrick***

This course is designed for program managers and administrators responsible for programs funded under the Older Americans Act and/or with state funding. The federal and state policies governing the operations and responsibilities of the state unit on aging and the 10 designated area agencies on aging are presented from the Older Americans Act in a reader friendly version. Aging services delivery requirements that supplement and flesh out the quality assurance standards are also part of this course. The course will involve classroom discussion of the existing policies and procedures and identify their origin, rigidities, and flexibilities. Each participant will receive a photocopy of the 2006 Policies and Procedures Manual and the OAA as reauthorized in 2006.

**Target Group:** New AAA staff, new LGOA staff, new directors of service delivery organizations contracting with AAAs, and potential service delivery contractors.

**MONDAY and TUESDAY**

**8:30 am - 5:00 pm**

**14 Contact Hours/1.4 CEU**

### **MT02. ABC's of Information, Referral & Assistance for I/R&A Specialists**

**Maximum Enrollment: 25**

***Denise Rivers***

This course will prepare the student to take

the Certified Information and Referral Specialist (CIRS), Certified Information and Referral Specialist/Aging (CIRS/A), or Certified Resource Specialist (CRS) exam. The following topics will be taught in the 2 day class:

- Basic I&R Skills and Competencies
- The I&R Process
- Empowerment and Advocacy
- Assisting Difficult People
- Interviewing Skills
- Special Populations
- I & R in Times of Disaster
- Resource Database

Individuals not wishing to take the National Certification exam are welcome to attend the class.

### **REQUIREMENTS TO TAKE THE EXAM: You must register 30 days prior with AIRS in order to take the exam.**

Exam applications and study materials can be obtained at [www.airs.org](http://www.airs.org) or by contacting Denise Rivers at (803) 734-9939 or [riversd@aging.sc.gov](mailto:riversd@aging.sc.gov).

**Target Group:** Intake staff, Access Coordinators, I/R&A Specialists, Caregiver Advocates, United Way staff, 211 staff, anyone conducting client/patient interviews, and any other professional conducting I/R&A.

### **MT03. Coaching Employees and Employment Law and Practical Considerations**

**Maximum Enrollment: 20**

***Allen T. Gantt, Jr., and Brian D. Phelan***

Employees need someone to listen to them, ask the right question, guide them, expect the best, help them achieve their goals, and provide support. Coaching helps focus employees or teams on organizational and unit goals and allows managers the opportunity to assist employees to enhance their performance. This course provides proven techniques to communicate with employees and to focus on employee's performance in a positive way.

The second half of this class will discuss the legal issues facing employers/managers and practical solutions to avoid legal problems.

**Target Group:** Supervisors and Managers

**Course Sponsor:** Human Resources

**MT04. Home Health Aide-Homemaker Update Class and Personal Care Skills Review**

**Maximum Enrollment: 15**

*Sue B. Woodard*

This course is designed to give home health aides-homemakers a review of the latest updates on psychosocial management of the older clients in their homes. The course will review and update techniques for following plans of care, working with those who are ill, have disabilities or mental illness, or are terminally ill. Also covered will be OSHA updates and training for infection control, safety in the home, transfer and mobility skills, and reporting accidents or injury. The review and update of personal skills in caring for the older frail persons in their homes will emphasize:

- ADL's
- Vital signs
- Transfers and positioning of clients in beds, chairs and cars
- Good body mechanics
- Active and passive range of motion
- Ambulation with assistance canes, walkers, and other assistive devices
- Meal planning and shopping
- Teaching families to care for the elderly in their homes
- Management of clients with infectious diseases to make a safe home visit.

**Target Group:** Home health aides, homemakers, personal care aides, certified nursing assistants, and family caregivers

**MONDAY, 8:30 pm – 5:00 pm**  
**7 Contact Hours/.7 CEU**

**M05. Using ISQL to Empower Your AIM Reporting**

**Maximum Enrollment: 25**

*Beth Hollingsworth*

Using ISQL (Interactive Structured Query Language) enables a user to pull virtually any piece of information from AIM. Students will learn how to construct simple queries to pull unit sums, lists, and counts of clients and services by date ranges, specific services, as well as groups of services. Learn how to retrieve demographic and assessment information the way your grantors and boards want it reported.

Techniques such as exporting data from the ISQL queries to Excel and using simple Excel functions will be shown to maximize reporting ability and minimize the need for more complicated queries. Students will receive many handouts, cheat-sheets, and ISQL script templates to take back with them.

To get the most out of this class, students should be comfortable using a computer and have a good understanding of spreadsheet software (such as Excel).

Due to the time constraints of the class, students will not be provided computers and are not encouraged to bring them. This method will enable the instructor to maximize the amount of information and query tools the students will be able to take back to their offices and use on their systems.

**Target Group:** Advanced AIM Administrators, IT Staff

**M06. Long Term Care and Health Care Planning**

**Maximum Enrollment: 30**

*Charles M. Black, Jr., Mitchell C. Payne, and Jan L. Warner*

This course will explain why it is imperative for older South Carolinians and their families to plan in advance in an effort to avoid financial and material abuse and exploitation and how these plans can be implemented. Participants will gain a better understanding of the laws governing wills, estate taxes and estate planning. In addition, a summary of the procedures for probate and administration of a deceased's estate will be discussed. An overview of advance directives, Probate Code, Adult Consent Act and planning for incapacity (powers of attorney, trusts, guardianships, and conservatorships), asset preservation options, such as reverse mortgage, long term care insurance, private pay, Medicare, Medigap, and Medicaid will be presented. Issues of visitation at nursing homes and assisted living facilities and patient's bill of rights will be covered. This course will be presented by a panel of Elder Law Attorneys.

**Target Group:** Aging and DSS Staff, LTC Ombudsmen, Caregivers, LTC facilities staff and administrators, families, law enforcement, and other interested persons.

**Course Sponsor:** ElderLaw Services of South Carolina, P.A. and AARP

**M07. Six Things You Need to Know by Age 60**

**Maximum Enrollment: 25**

*Amanda Werts, Deb Lewis, and Barbara Robinson*

This course will be divided into two parts. Part One will cover advance directives. The topics will be: What are they? Why do I need them? How do I discuss this with my client?

Part Two will cover finances. The topics will be: Credit cards—good or bad? What is a Reverse Mortgage? I don't have any money...how can I manage it?

**Target Group:** Family caregivers, advocates

**MONDAY, 8:30 am – 12:00 noon**  
**3.5 Contact Hours/.35 CEU**

**M08. Effective Time Management**

**Maximum Enrollment: 25**

*Annette E. Hird*

There are only so many hours in the day—so it's important to use your time wisely. Poor time management can lead to stress, burnout, and a lack of fulfillment. Since effective time management can be a life-long pursuit for many, this course will examine multiple approaches that are recognized by experts in this field. This course will examine such topics as “time wasters,” prioritization, planning and scheduling, knowing when to say “No,” and enhanced productivity vs. value fulfillment, among others. This course will involve lecture, handouts, and interaction – with individual and group activities. Time is a precious commodity for everyone and this course is suitable for the busy working professional, as well as the retiree who wishes to make the most of the years ahead.

**Target Group:** Formal and informal caregivers, direct care staff, older adults, management and administrative personnel, persons pursuing gerontology degrees, advocates, etc.

**MONDAY, 1:30 pm – 5:00 pm**  
**3.5 Contact Hours/.35 CEU**

**M09. Predatory Lending & Mortgage Foreclosure**

**Maximum Enrollment: 60**

***Susan Ingles***

This course will provide a primer outlining the perils faced by seniors in the area of consumer financing. The course will focus primarily on abusive lending practices and how to identify them, find relief from them, and how to avoid them altogether. Attendees will also be provided with a “Roadmap out of Foreclosure.”

**Target Group:** Seniors who have predatory lending or mortgage foreclosure issues, their caregivers & advocates

**TUESDAY & WEDNESDAY,**  
**8:30 am – 5:00 pm**  
**14 Contact Hours/1.4 CEU**

**TW10. Become Your Own Healthcare Advocate with Focus on End of Life Care**  
**Maximum Enrollment: 30**

***Cheryl Ericson***

Most Americans are health care “illiterate;” however, almost all Americans agree the current health care system is broken as healthcare reform has become a hot topic. The purpose of this course is to introduce participants to the basic workings of the healthcare system. Participants will gain a basic understanding of healthcare reimbursement so they can impact their healthcare expenses. Next, participants will explore how they learn about healthcare i.e., the role of insurance and Medicare and the proliferation of specialty physicians. Participants will explore common myths generated by the group regarding healthcare and define and discuss the difference between acute conditions and chronic conditions and the importance of knowing

the difference. Participants will learn the difference between treatment and palliative care in the management of chronic conditions and explore their preferences on end-of-life care and will gain an understanding of the end-of-life healthcare options and, in particular, hospice care.

This is a very interactive program and will include both small group and large group activities. Those who work with the elderly, as well as the elderly themselves, will greatly benefit by learning how to negotiate the healthcare system and learn when to ask questions and what questions to ask when receiving healthcare.

**Target Group:** Seniors, caregivers, care managers, I&A staff, and I-CARE staff

**TUESDAY 8:30 am – 5:00 pm**  
**7 Contact Hours/.7 CEU**

**T11. AIM Users Group Meeting**  
**Maximum Enrollment: 50**

***Dwayne Oedewaldt, Paula Hightower, and Kevin Pondy***

This is a workshop for AIM users from across the United States. Software developer Dwayne Oedewaldt will report on the newest features of Web-Hosted AIM. Users will have an opportunity to ask questions and share suggestions for enhancements. Students should be prepared to discuss their personal experiences with AIM including successful strategies as well as specific challenges they face.

**Target Group:** All AIM Users

**T12. Options, Choices, and Protections in Your Medicare Coverage**  
**Maximum Enrollment: 30**

***Steven G. Crout and Judy Ehney***

This course offers a basic overview of the four components of Medicare. Participants will understand Medicare benefits and enrollment processes. They will provide

specifics relevant to the Medicare Modernization Act of 2003, such as the following:

- Medicare Basics
  - Medicare Parts A, B, C, and D Overview
- Preventive Services
  - Covered Services and Costs
- Your Medicare Protections
- Medicare Modernization Act of 2003
  - Change to Medicare
  - Impact – Personal and Professional
  - Commitment by Government
- Prescription Drug Coverage (Review)
  - Coverage
  - Cost
  - Low Income Assistance
  - Current South Carolina Enrollment
- Medicare Advantage Health Plans
  - Alternative to Traditional Medicare
  - What It Is and What It Isn't
  - Coverage
  - Cost and Cost Savings
  - Types of Plans
  - Resources

**Target Group:** Medicare beneficiaries, caregivers, advocates, healthcare providers

**TUESDAY 8:30 am – 12:00 noon**  
**3.5 Contact Hours/.35 CEU**

### **T13. Tools for Making Better-Informed Health Care Decisions**

**Maximum Enrollment: 30**

***Andrea C. Fuller and Bill Smith***

Because health care decisions can be both difficult and emotional, the Carolinas Center for Medical Excellence (CCME) is working closely with leaders in the health care community to empower health care consumers to make better-informed health care choices and to urge all Carolinians to become partners in their own health care. Through the Alliance for Medical Excellence, consumers in the Carolinas will be urged to:

- Use published health care performance data to know how to ask for better quality care
- Ask physicians about their readiness in using electronic health records
- Take advantage of preventive services, especially those covered by Medicare
- Learn more about the role of CCME and how to become CCME's partner in quality improvement
- Work to improve the quality of mental health services, education, and awareness

This class will explore these goals, and participants will walk away with tools and information that will equip them to make better care decisions.

**Target Audience:** Seniors, caregivers, social workers, senior center staff members, and long-term care staff members

### **T14. Alzheimer's As It Relates to Vision**

**Maximum Enrollment: 30**

***Aljoeson Walker***

Alzheimer's is a disease that covers many aspects of life. Alzheimer's is the major cause of dementia in the United States and affects over 4 million individuals. We understand that the disease impairs memory, reasoning, judgment, communication, and the ability to carry out activities of daily living. The course will focus primarily on the visual system but will address the underrepresented groups in areas of research.

The course will illuminate the visual diseases that affect the elderly: macular degeneration, glaucoma, and cataracts as they relate to the Alzheimer's disease. The course will discuss the anatomy of diseases and the research that is occurring in this area. The course will address the medical and or surgical management of some of the visual diseases with emphasis on that which is practical.

**Target Group:** Physicians, students, caregivers

**TUESDAY 1:30 pm – 5:00 pm**  
**3.5 Contact Hours/.35 CEU**

**T15. Home Injury Prevention**  
**Maximum Enrollment: 25**

**Annette E. Hird**

Unintentional injuries in the home can have severe consequences for older adults. A fall can lead not only to physical injury but a loss of independence and even premature death. This course is designed to help individuals who make home visits become more aware of risk factors that contribute to unintentional injuries and to help provide information on risk reduction. It is also useful for older adults and their informal caregivers who wish to gain more awareness of how to make the home a safer environment. Topics will include fall prevention, home safety checklists (for every area of the home), fire and burn hazards, and feasible modifications/interventions. This course creates a forum for individuals to share additional observations and strategies, and provide connections to appropriate resources aimed at making the home of an older adult a safe place.

**Target Group:** Seniors, caregivers, aging network professionals, and others working with seniors

**T16. Polypharmacy in the Older Adult**  
**Maximum Enrollment: 25**

**This course offered again on Wednesday for seniors.**

**Reamer Bushardt**

Persons aged 65 and older consume about one-third of all prescription medications and purchase more than 40% of all over the counter medications.

Adverse drug events are linked to preventable problems in the elderly (i.e., depression, constipation, falls, immobility, confusion, and hip fractures). Thirty-five

percent (35%) of ambulatory older adults experience adverse drug events.

Physiological changes in the elderly make them more sensitive to drugs' effects. Normal adult doses may produce toxicity or unexpected adverse effects. Nearly 20% of hospitalizations in older patients are due to adverse drug effects.

This course will discuss polypharmacy, what happens to the body when we get older through various changes with altered distribution, prolonged hepatic metabolism, decreased renal elimination and adverse drug reactions.

**Target Group:** Nurses, pharmacists, caregivers, CNAs, Administrators, and other professionals working with seniors

**WEDNESDAY--8:30 am – 5:00 pm**  
**7 Contact Hours/.7 CEU**

**W17. Good Nutrition: What You Need To Know For Yourself and Your Clients**  
**Maximum Enrollment: 30**

**Crystal K. Strong**

This course will teach individuals how to help themselves and/or their clients learn how to shop for healthy and nutritious foods. They will learn about the meaning of the different fats in foods, good and bad cholesterol, salt content in various foods, brand name versus store brands, reading labels, and how to spend money wisely on foods.

**Target Group:** Senior center directors, nutrition services staff, consumers, anyone interested in good nutrition practices

**W18. Dealing with Difficult People**  
**Maximum Enrollment: 45**

**Patricia Hill**

No matter who you are or what you do, sooner or later you are going to have to deal with a difficult person. Learn techniques to manage and minimize confrontations and to reduce your stress level. This workshop

provides hands on learning and role play so that you will be comfortable the next time a difficult person crosses your path.

**Target Group:** I&R staff, Ombudsmen staff, managers, directors

**WEDNESDAY--8:30 am – 12:00 noon**  
**3.5 Contact Hours/.35 CEU**

**W19. Aging in Place: Home Modification and Universal Design**  
**Maximum Enrollment: 35**

**James Little and Mary Alice Bechtler**

Most people would like to remain comfortable and functional in their homes for as long as possible. This presentation will examine various risk factors in the elderly and the types of accommodations and modifications that are needed to allow “aging in place.” The presenters will discuss different disabilities related to aging and will present accommodations and modifications that address each disability. The concept of Universal Design will be emphasized throughout the presentation. Participants will see examples of modifications in various areas of the home and will be given information to help them assess their homes. They will be provided with handouts and other resources on home modification, Universal Design, and disability-related areas.

**Target Group:** Formal and informal caregivers, older adults, advocates, direct care staff

**W20. Four Steps to Control Diabetes for Life**  
**Maximum Enrollment: 25**

**Sheila Huggins**

This course will provide four key steps to help you understand and control your diabetes. It will address the changes you can make to live a long and active life.

**Target Group:** Direct care staff, nutrition program staff, persons with diabetes, and persons interested in diabetes

**W21. My Kids Bought Me A Computer: Now What?**

**Maximum Enrollment: 25**

**Kevin Pondy**

So your family was kind enough to give you a computer. They say it is so easy a child can use it (and often does). After all, we live in the “Information Age,” right? This course is designed to teach you how to surf the internet, send e-mails, and type a basic letter.

**Target Group:** Anyone who wants to learn the basics of using a computer.

**W22. AIRS Certification Exam**  
**Maximum Enrollment: 30**

**REQUIREMENTS TO TAKE THE EXAM:** *You must register with AIRS, 30 days prior to the exam, in order to take the exam. Exam applications and study materials can be found at [www.airs.org](http://www.airs.org) or by contacting Denise Rivers at (803) 734-9939 or [riversd@aging.sc.gov](mailto:riversd@aging.sc.gov).*

**Denise Rivers**

During this time, the Alliance for Information and Referral Systems(AIRS) exam for Certified Resource Specialist (CRS), Certified Information and Referral Specialist (CIRS) and Certified Information and Referral Specialist-Aging (CIRS-A) will be given. The Alliance of Information and Referral Systems (AIRS) Certification Program awards professional credentials internationally to individuals who successfully complete the appropriate AIRS Certification Program for information and referral practitioners. It is an acknowledgement of demonstrated competence in the field of information and referral. *The ABCs of Information and Referral* course is helpful preparation for the

exam. A person does not have to take the two day ABCs of I&R course in order to take the exam, but it is recommended.

**Target Group:** I&R Specialists, Caregiver Advocates, United Way staff, 211 staff, intake staff, anyone conducting client/patient interviews, and any other professional conducting I/R&A

**W23. Polypharmacy in the Older Adult  
Maximum Enrollment: 25**

***Reamer Bushardt***

Persons aged 65 and older consume about one-third of all prescription medications and purchase more than 40% of all over the counter medications.

Adverse drug events are linked to preventable problems in the elderly (i.e., depression, constipation, falls, immobility, confusion and hip fractures). Thirty-five percent (35%) of ambulatory older adults experience adverse drug events.

Physiological changes in the elderly make them more sensitive to drugs' effects. Normal adult doses may produce toxicity or unexpected adverse effects. Nearly 20% of hospitalizations in older patients are due to adverse drug effects.

This course will discuss polypharmacy, what happens to the body when we get older through various changes with altered distribution, prolonged hepatic metabolism, decreased renal elimination and adverse drug reactions.

**Target Group:** Elder law providers, nurses, pharmacists, and social workers

**WEDNESDAY, 1:30 pm – 5:00 pm  
3.5 Contact Hours/.35 CEU**

**W24. Avoiding Investment Scams  
Maximum Enrollment: 30**

***Sandra Matthews, Judy Ehney, and Donna J. DeMichael***

The session will focus on various types of financial fraud that victimize senior citizens. The most prevalent types of fraud to which seniors fall victim will be presented along with warning signs of each type. The focus will be on arming service providers with tools to help detect involvement in such schemes and how to seek assistance for senior financial fraud victims.

**Target Group:** Seniors and anyone in a position to suspect or detect financial abuse of the elderly

**W25. Healthcare Interpersonal Relations—Working With Seniors  
Maximum Enrollment: 40**

***Sewell I. Kahn***

This is a unique course on interpersonal relations for health care providers with an emphasis on the interaction between providers and their elderly constituents. The format utilizes vignettes from my experience in the practice of medicine as well as material from the medical, business, and communication literature. The course is divided into three parts:

**Communication:**

This will explore the basic communication skills, both verbal and nonverbal. We will look at the application of these communication skills in the every day health care worker-patient interaction as well as risk management and error prevention.

We will look at the problem of impaired health literacy in the elderly and examine ways to improve communication in this population.

**Respect and professionalism:**

This will focus on being able to recognize and avoid ways that we inadvertently insult patients and colleagues.

**Provider-patient interaction:**

This will examine the health care provider-patient interaction and look at ways to make the interaction more efficient and effective. We will specifically examine the issue of control of the interaction and how that affects both satisfaction and outcome. We will also address the information that needs to be communicated regarding medications, complementary/alternative as well as over the counter and prescription medications. Lastly, we will look at TV and the internet and their role in healthcare.

**Target Group:** Healthcare workers, seniors

**W26. Devices and Strategies for Adults with Communication Disorders**  
**Maximum Enrollment: 30**

**Carol Page O'Day and Mary Alice Bechtler**

Verbal and non-verbal communication abilities are affected by the gradual and sometimes sudden consequences of age-related illnesses and disease. This course will review low to high tech assistive technology communication devices that assist individuals in maintaining or increasing functional communication skills. Strategies for communication device users and their communication partners will also be discussed. The presenters will review different avenues for acquiring these devices and how to make appropriate referrals. Attendees will have an opportunity for hands-on use of the items. A "Quick Guide to Augmentative and Alternative Communication" interactive CD will be demonstrated and given to each attendee. Catalogs and other resources will be made available.

**Target Group:** Adults with communication disorders, their family members, and professionals who serve them

**W27. The Internet for Beginners**  
**Maximum Enrollment: 15**

**Kevin Pandy**

The Internet - How do I get on it? How do I use it? How do I keep from getting viruses? With the vast amount of information available, the trick is how to find what you want. We'll talk about popular information pages like news, health, banking and mail plus search engines for finding other sites. You'll learn tips to help reduce your chances of getting a virus as well as minimize junk e-mail and better protect your personal information.

**Target Group:** People who want to learn how to be safer while browsing the internet.

**W28. Empower Yourself To Learn About Cholesterol**  
**Maximum Enrollment: 25**

**Sheila Huggins**

Whether you have heart disease or want to prevent it, you can reduce your risk for having a heart attack or stroke by learning how to lower your "bad" cholesterol level and increase your "good" cholesterol level and reduce or delay drug use to control cholesterol.

**Target Group:** Persons with cholesterol problems, direct care staff, nutrition services staff, persons interested in effects of cholesterol

**THURSDAY--8:30 am – 5:00 pm &  
FRIDAY 8:30 am – 12:00 noon  
10.5 Contact Hours/1.05 CEU**

**ThF29. Dementia Dialogues**  
**Maximum Enrollment: 35**

**Janet Merling**

Dementia Dialogues is a five part learning experience designed to educate individuals who care for persons who exhibit signs and

symptoms associated with Alzheimer's Disease or related dementias. The five learning topics include:

- The Basic Facts—An Introduction to Dementia
- Keeping the Dialogue Going—Communication Skills
- It's a Different World—Environment, Safety, and Helpful Hints
- It's Nothing Personal—Addressing Challenging Behaviors
- Now What Do I Do?—Creative Problem Solving

*Upon completion, participants will be awarded a Dementia Specialist Certificate.*

**Target Group:** Anyone working/caring for dementia patients, nurses, families, activity directors, CNAs, and PCAs

**THURSDAY--8:30 am – 5:00 pm**  
**7 Contact Hours/.7 CEU**

**Th30. The Basics of Grant Writing: Tips for Success**

**Maximum Enrollment: 25**

**Barbara Kelley**

This session on the basics of grant writing will help you gain insight into the process of developing a grant application. The workshop is designed for individuals who have never written a grant, new grant writers or the intermediate level professional interested in resource development. Topics covered will include: exploring sources of grant funding, creating effective grant writing teams, analyzing a Request for Proposal (RFP), following grant review criteria, preparing grant budgets and budget narratives, documenting the need, incorporating evaluation, preparing an attractive document for reviewers and other tips.

**Target Group:** New grant writers and the intermediate level professional interested in resource development

**THURSDAY--8:30 am – 12:00 noon**  
**3.5 Contact Hours/.35 CEU**

**Th31. Creating and Crafting Effective Presentations**

**Maximum Enrollment: 50**

**Cat Angus**

With so much computer technology available in the workplace, PowerPoint is fast becoming the presentation “norm.” PowerPoint is a great tool, if you know how to craft effective presentations. Don't let your presentation overwhelm your audience or upstage your message. This session will focus on the Do's...and Don'ts...of building good presentations. If you use PowerPoint, these tips will help you create effective presentations that enhance your message. If you use other technologies such as flip charts and overheads, there are things you can do to make your presentations more interesting and effective. Improve your skills in the development and use of visual aids to move your message forward.

**Target Group:** Persons who speak or make presentations to the public

**Th32. Persuasive Writing**

**Maximum Enrollment: 20**

**Annette E. Hird**

Even the most articulate individuals sometimes have difficulty conveying their thoughts in the written word. The ability to do so is crucial in resolving problems, obtaining funding, conducting advocacy, and promoting change. This workshop is applicable to anyone who wishes to hone their writing skills--particularly where the author is trying to persuade the recipient to see his/her point of view. Some common elements of effective writing will be discussed, with examples provided for review and critique. Participants will be given scenarios and asked to develop an appropriate letter in response. Examples will be discussed and critiqued against

information learned to improve effectiveness. Even individuals who find writing to be a daunting task will enjoy this presentation and leave with improved confidence and skills.

**Target Group:** Seniors, caregivers, aging network professionals, law enforcement personnel, others working with seniors

### **Th33. Planning for Your Long Term Care Needs**

**Maximum Enrollment: 25**

#### ***Deborah McPherson***

This course will focus on explaining long term care planning. The topics that will be covered include:

- Long Term Care—Understanding, Planning and Paying for Long Term Care
- Long Term Care Insurance & Other Financing Options
- Medicaid Eligibility—Considerations and How to Apply
- Medicaid Home and Community Based Services Through the Community Choices Waiver
- Legal Issues—Power of Attorney, Will, Advanced Directives, Guardianship and Conservatorship, Letter of Last Instruction

**Target Group:** Seniors, caregivers and professionals

### **Th34. Mental Wellness in Seniors**

**Maximum Enrollment: 30**

#### ***Beth Summer-Strait and Trez Clarke***

This course will present an overview of the elderly population in South Carolina and the mental health issues that are specific to this population. For example, loss and grief, co-occurring disorders, and the impact transitions can have on the elderly.

Additionally we will take a detailed look at the suicide rate among the elderly. With white males age 65+ as the number one

group at suicide risk, we want to provide information on how to recognize signs of potential suicide attempts and how to intervene and offer someone better options.

This course will provide specific tips on:

- Recognizing warning signs of mental health problems
- Recognizing warning signs of a potential for suicide attempts
- How to intervene and help a senior with mental health concerns
- Resources that are available for helping the elderly with mental health issues.

The course textbook is written by the presenters and will provide current statewide resources for helping the elderly population in recognizing mental health concerns and where they and their loved ones and caregivers can go for direct help.

**Target Group:** Seniors, family members, caregivers, direct care staff, and staff in the mental health field

### **Th35. Family Dynamics: Replacing Dysfunction with Win/Win Solutions**

**Maximum Enrollment: 30**

#### ***Johnsie Currin***

Participants will be able to recognize “red flag” situations within the family dynamics. A range of resources, interventions and strategies for solving “red flag” situations will be provided. By understanding the primary diagnosis and needs of the care receiver, a strategy will be devised within the family dynamics, by changing these potential “red flag” situations into “win/win” situations.

- The “Only Child”
- The “Whiner”
- The “Organizer”
- The “Financer”
- The “Angry One”
- The “Nurturing One”
- The “Long Distance One”
- The “Uncommitted One”
- The “Queen or King of Denial”

The course will close with a review of how the care receiver, as well as the family members, benefit from the teamwork used in this approach.

**Target Group:** Caregivers, older adults, advocates, persons pursuing academic development

**THURSDAY--1:30 pm – 5:00 pm**  
**3.5 Contact Hours/.35EU**

**Th36. The Art of Public Speaking**  
**Maximum Enrollment: 50**

***Cat Angus***

Have you ever been asked to speak to a community or civic group, a church fellowship, or a club or fraternal organization? Making a presentation on technical subjects is one thing; public speaking is another.

Someone said that most people would rather jump out of an airplane without a parachute and land in a bucket of spiders than speak in public. That may be a little extreme...but when you stand in front of a group, are you nervous? Do you have butterflies in your stomach? Can you keep your audience riveted on every word? Do you know how to use humor? Can you motivate and inspire your audience? And when you finish, do they clamor for more?

Public speaking is an art . . . and a science. There are specific techniques that you can use to get your butterflies flying in formation. Craft great speeches that will ensure that you deliver your message every time. Gain the skills and confidence to express yourself effectively and to convey your ideas persuasively. Use the tips you will learn in this workshop to improve your speeches and become a more confident speaker and a better communicator.

**Target Group:** Senior center managers, board members, and anyone who speaks to the public for their agency

**Th37. Motivating Positive Lifestyle Changes**

**Maximum Enrollment: 20**

***Annette E. Hird***

Almost everyone has tried to amend some aspect of their behavior at some point in their lives or assisted someone else in making such a change. Anyone who has ever tried knows how difficult it can be: losing those 5-10+ extra pounds, quitting smoking, managing stress, and increasing physical activity may sound good as New Year's resolutions, but how many of us are able to follow through effectively? The focus of this course will be to assist healthcare professionals and laypersons in developing an effective health behavior change plan through understanding basic principles and motivational factors. Participants will understand the steps necessary to promote change. This course will be interactive and will utilize a handout that participants will complete individually as well as in groups (depending upon the type of program they are interested in). Participants will gain insight into some of the real and perceived barriers to change.

**Target Group:** Seniors, formal and informal caregivers, aging network professionals, and others working with seniors.

**Th38. Planning for the Long Term Care Needs of Your Child with a Disability**

**Maximum Enrollment: 25**

***Deborah McPherson***

This course will discuss information regarding the special considerations that should be taken when planning for the long term care needs of a child with a disability. Topics that will be covered in this session include:

- Agencies Providing Services for Individuals with Disabilities
- Medicaid Eligibility—Considerations and How to Apply

- Medicaid Home and Community Based Services Through the PDD, MR/RD, and HASCI Waivers
- Government Benefits—SSI and Medicaid, SSDI and Medicare, Adult Disabled Child Benefits
- Legal Issues—Letter of Intent, Guardianship and Conservatorship, Adult Health Care Consent Act, and Special Needs Trust
- Circle of Support & Planning Resources

**Target Group:** Seniors, parents with adult children with disabilities, caregivers, and professionals

**THURSDAY--1:30 pm – 5:00 pm &  
FRIDAY—8:30 am – 12:00 noon  
7 Contact Hours/.7 CEU**

**ThF39. Inspired Caregivers®: A Mindful & Heart-Centered Approach to Caregiving**  
**Maximum Enrollment: 25**

*Elaine F. Corwin and Sara J. Corwin*

This course will provide participants with an introduction to the concepts of “Inspired Caregiving®.” The overall purpose of the session is to help people feel more inspired about their lives and work while providing care for others. The guiding principles of mindful and heart-centered caregiving are based on the belief that people who feel inspired about their lives and work will generally be more productive, more satisfied and healthier (i.e., as employees, spouses, family members, and providers). The course is designed for all persons who are involved in providing care for seniors and their families, but will emphasize the importance of creating a “community of care” within an organization, agency provider group, and/or caregiver support setting. The course will assist participants in developing and maintaining positive self-care and mindfulness practices by:

1. discovering (or rediscovering) the meaningful connections in the work they do,
2. appreciating their own personal and professional contributions within the care community,
3. developing personal coaching skills and the ability to ask powerful learning questions, resulting in improved communication, and
4. connecting with their inner wisdom and joy and understanding its effect upon their personal and professional life. The format for the course will include brief didactic (lecture) sessions, interactive large and small group discussions, and hands-on activities (e.g., worksheets, personal reflection, brainstorming, role play, and team assignments).

**Target Group:** Caregivers, health service providers, program administrators, health educators/promoters, seniors

**FRIDAY, 8:30 am – 12:00 noon  
3.5 Contact Hours/.35 CEU**

**F40. “They May Be Old, But They Still Have Rights: Protecting and Enforcing the Rights of the Older Crime Victim”**  
**Maximum Enrollment: 40**

*Susan S. Quinn*

For the elderly, becoming a crime victim can be a particularly devastating experience which threatens physical, psychological, and social well-being. Though state and federal laws have been enacted to protect the rights of all crime victims, research has shown that these rights are often violated. This is particularly true in the context of the elderly who have been historically marginalized and disadvantaged. The American Bar Association has proclaimed that inaccessible justice is justice denied. This program will shed light on the unique issues and problems confronting elderly crime victims. Participants will learn about the legal rights guaranteed to all crime victims under the

state and federal law. They will also learn how to identify systemic barriers such as ageism, physical access/accommodation issues, and communication obstacles which often result in the deprivation of these rights to older crime victims. Specific recommendations to ensure the protection and enforcement of the rights of older crime victims will be presented and discussed. The program will also provide information on promising practices from across the nation that are working to ensure that the legal rights of elderly crime victims are protected and enforced.

**Target Group:** Caregivers, direct care staff, older adults, advocates, management and administrative personnel, social workers, law enforcement, and members of the legal profession

#### **F41. Humor For the Aging and the Caregiver**

**Maximum Enrollment: 30**

##### ***Candace Waters***

This course will prepare the participant to use humor in a therapeutic manner for dealing with many of the hurdles associated with the aging process. The many benefits of therapeutic humor (mind, body, and spirit) will be explained in detail. The aging process will be fundamentally reviewed in order to provide a strong foundation for the use of humor. Discussion will include methods of using therapeutic humor to reduce stress, manage anger, and simply improve the quality of life for both the caregiver and the one for whom care is provided. The difference between therapeutic and toxic humor will be discussed. Tools for creating one's own "humor survivor kit" will be presented. Participants will leave this presentation refreshed, uplifted, and ready to tackle the world with a new battery of ideas of how and when to use humor for improving their world.

**Target Group:** Caregivers, seniors, anyone working with the elderly

#### **F42. Aging in Place—Best Practices**

**Maximum Enrollment: 25**

##### ***Barbara Franklin and Paul Franklin***

The South Carolina Aging in Place Coalition is a non-profit organization advocating for people to prepare to remain in their residences—independently, comfortably, and safely. The vision of the Coalition is that all people who desire to remain in their residences as they age can do so.

The presenters of this program will discuss the history and background of the Coalition and its relationship to the National Aging in Place Council in Washington, DC. The presenters will also highlight three of the Coalition's most significant initiatives:

- Transportation (ITNCharlestonTrident)
- Education (CONNECTIONS)
- Community Outreach

Each of these initiatives will be described in terms of how they work, how they help people to age in place successfully and their impact on the community as a whole.

The presenters will also lead a Question and Answer session and a discussion about how these Best Practices could be applied in other communities.

**Target Group:** Practitioners, educators, senior advocates and older persons

#### **F43. Legal Issues for South Carolina Seniors**

**Maximum Enrollment: 40**

##### ***Jamie Bell and Marcia Powell Shew***

Participants will be educated as to Public Benefits such as SSI, food stamps, Medicaid, and Medicare. They will also be educated to elder law issues such as advance directives, including health care powers of attorney, living wills, Last Will and Testaments, and general durable powers of attorney. The attorneys will distinguish between guardianships and conservatorships. The attorneys will try to dispel some of the myths which abound in this state

regarding public benefits, probate and health related legal documents.

Attendees will be educated on South Carolina law in the areas of public benefits and advance directives. Upon completion they should be able to advise their clients as to the need for understanding the different public benefits available and the differences in the advance directives and their purposes. Resources will be provided which will help attendees make referrals for their clients. Other topics will be the elder consumer issue of reverse mortgages and housing foreclosures.

**Target Group:** Senior citizens and non-lawyers who provide services for them

#### **F44. Volunteer Recruitment and Retention**

**Maximum Enrollment: 50**

*Catherine Angus and Dale Watson*

How do you find volunteers and once you get them how do you keep them? What motivates a busy person to commit their time, energy, and emotions to serving seniors? This course will help you unlock the secrets to recruiting, managing, and retaining volunteers.

**Target Group:** Persons who use/need volunteers

#### **F45. Livable Communities for All: What Makes A Place Truly Senior Friendly**

**Maximum Enrollment: 35**

*Denise Boswell*

Livable is a term that is frequently used these days to characterize communities that are planned to accommodate people of all ages – AARP, urban planners, aging advocates, architects, housing experts, social gerontologists, aging specialists, and many others use “livable” to describe ideal communities in which all can live, work, and recreate. But what defines a place that truly takes into consideration the needs and visions of older residents?

Today, nearly every community in South Carolina is seeing greater numbers of seniors. We cannot afford to fail in making our communities truly senior-friendly since the future interests of older adults, their families, and communities are at stake. There are many components to creating a community that promotes quality of life in senior years. Although emphasis will be placed on how planned and built environments impact a successful aging experience, additional components will be developed with illustrations on the types of questions communities might consider in evaluating their readiness for an aging population. With implementation of strategies presented, participants will be able to facilitate planning efforts to respond to their community’s changing demographics and better enable a choice to age in place.

**Target Group:** Practitioners, educators, senior advocates, researchers, seniors, and planners

#### **F46. Navigating the Resources Available to Veterans**

**Maximum Enrollment: 30**

*Marsha C. Ward*

Today, a large portion of our elderly clients are veterans who may be eligible for numerous benefits that are designed to enhance their daily lives and make care giving easier and less expensive for their caregivers. In this course, participants will learn about such benefits as pension and compensation, mental health benefits, aid and attendants, assisted living and nursing home placements, adaptive equipment and pharmacy benefits, spousal benefits, and in-home and community programs. Special programs for those who may be ex-POWs or those who suffer from PTSD, homelessness or dementia will also be discussed.

**Target Group:** Caregivers, direct care staff, social workers, older adults, advocates, and students

## 2008 PROGRAM POLICIES

### APPLICATION FEES

1. Through July 11, the registration fee is \$50 per day **or only \$200 for the whole week** and **must** accompany each application.
2. After July 11, the registration fee will be the original registration fee plus an additional \$150. The late fee will not be refundable.

### CANCELLATION OF COURSES

1. To cancel a course registration, fax a letter to (803) 734-9887. Fees will not be refunded.
2. Substitute attendees will be accepted, but a \$25 processing fee will be required prior to attending the class.
3. The Lieutenant Governor's Office on Aging has the right to cancel a course if less than six enroll. Students will be allowed to substitute another course at no additional charge.

### HOTEL CANCELLATIONS

1. To cancel hotel reservations, call Francis Marion reservations line at 1-877-756-2121. Cancellations made after August 8, 2008, will result in forfeiture of deposit.

### CHANGE COURSE FEE

1. A fee of \$25 will be charged to change each course. This fee is not covered by reimbursement.
2. This fee will not be charged if a course is cancelled and the student must select another course.

**GENERAL APPLICATION FORM  
2008 SUMMER SCHOOL OF GERONTOLOGY**

Before your application can be processed, the \$50 per day or \$200 for the whole week registration fee must be enclosed. **After July 11, the regular registration fee plus an additional \$150 must accompany this application.**

**Make checks payable to:** *Summer School of Gerontology, Lieutenant Governor's Office on Aging, 1301 Gervais Street, Suite 200, Columbia, SC 29201.*

Circle one: Mr., Ms., or Mrs.      **Name:** \_\_\_\_\_  
SS#: \_\_\_\_\_ NHA/CRCFA License #: \_\_\_\_\_  
Title/Position: \_\_\_\_\_  
Name of Employer: \_\_\_\_\_  
Business Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_  
Daytime Phone: \_\_\_\_\_ FAX #: \_\_\_\_\_  
E-Mail Address: \_\_\_\_\_

**In case of illness or emergency, please notify:**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**STATISTICAL DATA:**

Date of Birth:(month & year) \_\_\_\_\_ Gender: \_\_\_\_\_  
Race: (check one) White ☐ African American ☐ Hispanic ☐ Other ☐  
American Indian/Alaska Native ☐ Native Hawaiian/Pacific Islander ☐

**POSITION CLASSIFICATION:**

As it relates to gerontology, please check ONE box that best describes you.

<input type="checkbox"/> Interested Person	<input type="checkbox"/> Direct Service Provider (Aging Network)	<input type="checkbox"/> Student
<input type="checkbox"/> Administrator	<input type="checkbox"/> Direct Service Provider (Other Agency)	<input type="checkbox"/> Instructor
<input type="checkbox"/> Senior	<input type="checkbox"/> Researcher	
<input type="checkbox"/> Other, please specify _____		

**SOURCE OF FUNDING: (To be filled out by employee's supervisor)**

If employed in the Aging Network, please mark below the source(s) of funds used for the services provided by this registrant:

☐ OAA      ☐ Title V      ☐ SSBG      ☐ Local      ☐ State

**SENIOR DAY SCHOLARSHIP:**

☐ I am requesting a Senior Day Scholarship

## COURSE REGISTRATION FORM

Please list the numbers, names, days and fees of courses you wish to attend. In the event we are not able to give you first choice, you will automatically be registered for your second choice.

Name: \_\_\_\_\_

### FIRST CHOICE:

Course Day(s) M-F	Course Number	Course Name
Monday AM		
Monday PM		
Tuesday AM		
Tuesday PM		
Wednesday AM		
Wednesday PM		
Thursday AM		
Thursday PM		
Friday AM		

**SECOND CHOICE:** (takes place of 1<sup>st</sup> choice on same day if course already full) ***(Required Information)***

Course Day(s) M-F	Course Number	Course Name
Monday AM		
Monday PM		
Tuesday AM		
Tuesday PM		
Wednesday AM		
Wednesday PM		
Thursday AM		
Thursday PM		
Friday AM		

**Summer School Fees:** \$50.00 per day or \$200 for week Registration Fee through July 11 \$\_\_\_\_\_

Out of State Student (\$250.00) \$\_\_\_\_\_

After July 11 add an additional \$150 to registration fee \$\_\_\_\_\_

Total Costs . . . . . \$\_\_\_\_\_

**MAKE CHECK PAYABLE TO AND MAIL TO:** SUMMER SCHOOL OF GERONTOLOGY  
LIEUTENANT GOVERNOR'S OFFICE ON AGING  
1301 Gervais Street, Suite 200  
Columbia, SC 29201

**RETURN ALL FORMS WITH PAYMENT FOR REGISTRATION FEES.**